

Claims 1-3 (cancelled)

Claim 4. (currently amended) Footwear comprising a sole, a toe cap, and an upper having a unitary one piece molded metatarsal guard therein for transmitting a load to the sole, said metatarsal guard [having no space therein for facilitating flexion and] comprising a convex arch portion over the wearer's instep; , a lip integrally molded with said arch portion and overlying the toe cap, and wherein said lip does not bear against the sole when a load is applied to the metatarsal guard and only a single concave right support leg and only a single concave left support leg overlying the sole, said support legs integrally molded with the convex arch portion and extending on opposite sides of the wearer's foot and bearing against the sole when a load is applied to the metatarsal guard, said convex arch portion having a section rearward of the support legs which does not bear against the sole.

Claim 5. (currently amended) Footwear as recited in claim 4. [A unitary one piece molded metatarsal guard as recited in claim 4,] wherein the convex arch portion and concave right and left support legs of said metatarsal guard are solid members [without any space therein for facilitating flexion.]

Claim 6. (currently amended) Footwear as recited in claim 5. [A unitary one piece molded metatarsal guard as recited in claim 4,] wherein the concave right and left support legs of said metatarsal guard are of less width than the convex arch portion.

Claim 7. (currently amended) Footwear as recited in claim 4. [A unitary one piece molded metatarsal guard as recited in claim 4,] wherein the lip of said metatarsal guard is cemented to the toe cap.

Claim 8 (new). Footwear as recited in claim 4, wherein the right and support legs of said metatarsal guard are of less width than the lip of said metatarsal guard.

Claim 9 (new). Footwear as recited in claim 4, wherein the one piece molded metatarsal guard is a solid member.

Claim 10 (new). Footwear as recited in claim 4, wherein the convex arch portion is a solid member.

Claim 11 (new). Footwear as recited in claim 10, wherein the right and left support legs of said metatarsal guard are of less width than the convex arch portion.

Claim 12 (new). Footwear as recited in claim 4 wherein the lip portion is a solid member.

Claim 13 (new). Footwear as recited in claim 12, wherein the right and left support legs of said metatarsal guard are of less width than the lip portion of said metatarsal guard.